



Coffee Enemas

Why is a coffee enema beneficial?

When you do a coffee enema, compounds in the coffee, including theobromine, theophylline, and caffeine, dilate blood vessels and bile ducts, relax smooth muscles, and increase the bile flow. Bile holds toxins. This increased bile flow through and out of the liver provides detoxification of the liver.

A coffee enema held for 14 minutes allows the cleaning of the body's blood supply 4-5 times, therefore allowing poisons from the tissues to be excreted. During this time, the liver also produces 600-700% more of an enzyme called glutathione, which significantly neutralizes free radicals in the bloodstream, and they are then excreted out via the bile and intestinal tract.

WHAT YOU NEED:

- ☐ Light to medium roasted organic coffee. [This is our favorite.](#)
- ☐ A stainless-steel bucket system. We suggest avoiding plastic enema systems because you run the risk of introducing toxins from the plastic into the warm enema water and then into your body. [Here is a link](#) to a high-quality, stainless steel enema bucket system.
- ☐ Unsweetened coconut water. (To replace electrolytes)
- ☐ Charcoal powder*. (Suggested binder for after your enemas)
- ☐ Your favorite probiotic*

* You can find our favorite charcoal powder and probiotics [on Fullscript](#).

Here are your instructions for preparing the coffee**:

In a non-aluminum pot or saucepan:

- Add 4 cups of filtered or distilled water
- 3 rounded tablespoons of [organic coffee](#) (finely ground, light roast), not instant
- Stir the coffee to make sure all is mixed in the water, then bring to a boil and boil for 3 to 5 minutes, stirring occasionally.
- Reduce heat and cover pot with lid and let simmer for 15 to 20 minutes.
- Remove from stove and let coffee cool to room temperature.
- Strain coffee through a fine sieve to remove as many coffee grinds as possible.
- Because of the boiling process, some of the water may have evaporated, therefore add plain filtered water or distilled water to the coffee to bring the total volume up to 4 full cups.

****This is a basic coffee enema recipe. If you are following a certain program or are in the care of a coach or Doctor that recommends a different recipe, please be sure to follow the directions you've been given by your coach or Doctor*

How-To do your coffee enema:

Prepare your enema coffee. Lay a towel in the bathroom floor near your toilet and next to a door handle. First, fill your enema bucket with warm filtered water. Be sure the water is not too hot by testing it with your hand. Then prime the tubing so that water fills the tubing, then clamp the tubing. Use coconut oil to lubricate the enema tip. Hang the bucket from the door handle.

Lie down on the towel on your right side. Insert the enema tip approx. 6 inches into your rectum, or as far in as is comfortable. The enema tip should not be uncomfortable, and if it is uncomfortable then stop and do not continue forward with the enema.

Open the clamp and allow water to fill your colon. Hold as long as you comfortably can, then sit on the toilet and expel the water. If your bowels have not moved recently, you may need to introduce a small amount of water, then sit on the toilet to clear what is there, then lay back down and introduce the rest of the water once you have cleared the way.

Next fill the bucket with your prepared enema coffee. There should be 4 cups of warm coffee. If the coffee is too hot or too much of the liquid has evaporated, add some cool filtered water. Lie down again on the towel on your right side. Insert the enema tip approx. 6 inches into your rectum. Open the clamp and allow coffee to fill your colon. Relax. Hold for 15 minutes, or as long as you comfortably can, then sit on the toilet and expel the coffee.

Follow the cleaning instructions that came with your enema bucket and allow to dry, and then store in a cool, dry place until next use.

After your coffee enema:

1. Right after your enema: Replace electrolytes (calcium, magnesium, sodium, and potassium) by drinking a cup of unsweetened coconut water right after you complete your enema.
2. About an hour later, you may want to take a binder such as activated charcoal, after your coffee enema to help absorb and expel the remaining toxins that were released during the enema.
3. Before bedtime, take a high-quality probiotic.
4. For the next 24 hours, eat steamed vegetables and soups, and easy to digest protein such as organic chicken or wild-caught fish.

Cautions:

- Do not do coffee enemas more than once a week unless prescribed by your Doctor.
- If you have diverticulitis, diverticulosis, open skin in your rectum, or uncontrolled high blood pressure, or pain or discomfort when you insert the enema tip, then do not do a coffee enema.

SOURCES

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